

What is a Clinical Psychologist?

A clinical psychologist is a type of doctor who is interested in how people feel, what they think, and how they behave. They use different types of therapy to help people understand and take control of their experiences, thoughts, feelings and behaviours.

Most of these therapies involve talking about your experiences and finding new ways to manage them. You might learn some new skills to try out in between sessions.

If you are referred to a psychologist you will be offered an initial appointment so you can get to know each other. After that, you will make a plan together.

Some young people find it helpful to have just a few sessions, and others require support for a longer period of time.



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*There is no
right or
wrong way
to feel.*



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Getting help with emotions for young people with chronic health conditions

Information for children - secondary school

This leaflet can be made available in alternative languages/formats on request.

如有需要，本传单可提供其他语言/版式

此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatkach.

Why might I need emotional support?

Having a medical condition can be really hard work.

You may find that you are able to cope well most of the time. Other times you might feel frustrated, upset, fed up or worried. This is totally understandable!

These feelings can make managing your condition more difficult and may have an impact upon how you feel physically and emotionally.

Sometimes you might have other problems in your life, like friendship, family or school stresses.

Dealing with these issues can sometimes mean that it is harder to have the time or motivation to focus on your health.

How do I know if I need extra help?

Everyone has tricky thoughts and feelings sometimes. If you think these are going on for a long time, or are getting in the way of managing your health condition, you may need further support. Here are some examples of issues that some young people need help with:

- Adjusting to a diagnosis
- Coping with medical treatment
- Feeling sad, worried or frustrated
- Changes to how you feel about yourself
- Your health condition making it harder to get along with family or friends
- Finding it difficult to manage the daily demands of having a chronic health condition.

What should I do if I need extra support?

Talk to your parent/ carer or medical team if you think you would like more support with how you are feeling.

What will happen next?

Your medical team can help you to decide what might be most helpful for you.

This could involve:

- More contact with your medical team
- Attending educational courses
- A referral to a clinical psychologist or other services that support young people with their emotions